

The Blender Recipes

I don't cook much, and my reputation as a cook is not good. But I have a few reasonably popular recipes. These recipes are simplified versions of other people's recipes. I basically make a sauce in my blender, and this forms the base of the recipe. I want to share them because it seems to have become my cooking style, and it's simple yet effective.

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Chana Masala

Blender Sauce:

Put the following in the blender:

- 4 x Fresh **Tomatoes**
- 1 x **Brown Onion**
- 4 x **Garlic Cloves**
- 1 x Tablespoon Fresh **Ginger**
- 1 x **Chilli**
- 2 x Teaspoons **Garam Masala**
- 1 x Teaspoon **Turmeric**
- 1 x Teaspoon **Coriander**
- 2 x Teaspoons **Jaggery Powder**
- 1 x Teaspoon of **Vegetable Stock** Powder
- 1 x Tablespoon **Olive Oil**

Blend thoroughly.

Additional Ingredients:

- 2 x cans **Chickpeas**
- 1/2 cup fresh chopped **Cilantro**
- Juice of half a **Lemon**

Cooking Method:

1. Put the sauce in a saucepan. Bring to boil.
2. Add Chickpeas. Bring to boil.
3. Simmer for 10-20 mins.
4. Garnish with Cilantro and Lemon Juice.

Serve over the rice. It also goes well with Afghan Garlic Bread.

Garlic Butter Beans

Barramundi

Cook some rice. I use Basmati.

Blender Sauce:

Put fresh tomatoes in the blender and blend until you've got about 450 to 700ml. Adjust depending on how many you're feeding. I'm often cooking for seven.

In the blender, put the following:

- 2-4 x **Garlic Cloves**
- 1 x Bunch of **Basil**
- 1 x Bunch of **Parsley**
- 1-2 x Teaspoons of **Vegetable Stock** Powder
- Some Cracked **Pepper**
- 1-2 x Tablespoons of **Olive Oil**

Blend thoroughly.

Additional Ingredients:

- You'll also need a pound or two of **Barramundi**. I generally use five pieces, which is often around 900g in total. I'm often cooking for seven. So, adjust accordingly.
- 1-2 cans of beans. I use **Cannellini Beans**.
- 4-8 Tablespoons of **Butter**.

Cooking Method:

Do these two steps simultaneously:

1. Put the sauce in a large saucepan or wok. I use a flat-bottomed wok. Bring to boil, add 1-2 cans of beans. I use Cannellini Beans. Bring back to the boil, then simmer.
2. Fry the fish in a fair bit of butter until each side is a little brown. It doesn't need to be cooked through. Transfer the fish to a plate if you can't cook it all at once.

Then, put the browned fish and all the butter in the sauce and simmer until everything is cooked. Add more butter if needed. In total, you should use about 4-8 Tablespoons of butter. You can break all the fish up or leave it chunky. It's good either way.

Serve over the rice.

Kangaroo Curry

Blender Sauce:

In the blender, put the following:

- 350ml of pureed **Tomatoes** or half a bottle of **Passata**
- 1 x **Brown Onion**
- 1-2 x **Chillies**
- 4 x **Garlic Cloves**
- 2 x Tablespoons Fresh **Ginger**
- 2 x Teaspoons of **Coriander**
- 2 x Teaspoons of **Turmeric**
- 3 x Tablespoons **Curry Powder**
- 1 x Tablespoon **Garam Masala**
- 2 x Teaspoons of **Vegetable Stock** Powder
- 4 x Tablespoons of **Olive Oil**

Blend thoroughly.

Additional Ingredients:

You'll also need **500g of diced Kangaroo**, several diced **Potatoes**, and several sliced **Carrots**, a few **Bay Leaves**, a **Cinnamon Quill**, and some **Beans** or **Peas**.

Cooking Method:

Put everything in the **Pressure Cooker** except the beans or peas, then pressure cook for 30 minutes, then let it sit for one hour. **Don't open the Pressure Cooker. Don't add any water.** The Crockpot keeps all the steam in and can end up like a puddle. Finally, add beans or peas and let them steam until done.

Cook some rice. I use Basmati. Add Turmeric if you like.

Serve over the rice. It also goes well with Afghan Garlic Bread, which you toast in the air fryer.

Red Lentil Dahl

Blender Sauce:

Put the following in the blender:

- 1kg Fresh **Tomatoes**
- 1 x Can of **Coconut Cream** 400ml or some **Olive Oil**
- 6 x **Garlic Cloves**
- 1 x Tablespoon Fresh **Ginger**
- 1 x Tablespoon **Garam Masala**
- 1 x Teaspoon **Turmeric**
- 2-4 x **Red Chillies**
- 3 x Teaspoons of **Vegetable Stock** Powder

Blend thoroughly.

Additional Ingredients:

- 1-2 cups of **dried red lentils**
- Half a **lemon**
- A few handfuls of fresh **spinach** leaves.

Cooking Method:

1. Put the sauce in a large saucepan. Bring to boil.
2. Add 1-2 cups of dried red lentils. Bring to boil, then simmer.
3. Cook until lentils are soft - add water if it gets too dry.
4. Once the lentils are soft, stir in the juice of half a lemon and a few handfuls of fresh spinach leaves.

Pressure Cooker:

- Use a 1:3 lentil to sauce ratio and pressure cook on high for 8 minutes, then let stand (don't open) for another 15 minutes (natural steam release - don't open valve). The pressure cooker takes a while to heat up before it cooks.
- Once cooked, stir in the juice of half a lemon and a few handfuls of fresh spinach leaves.

Serve with rice. It also goes well with Afghan Garlic Bread which you toast in an air-fryer.

Thai Red Barramundi Curry

Cook some rice. I use Basmati.

Blender Sauce:

In the blender, put the following:

- 1 x **Brown Onion**
- 2-6 x **Red Chillies**
- 4-6 x **Garlic Cloves**
- 1 x Tablespoon Fresh **Ginger**
- 1 x Jar of **Thai Red Curry Paste** 195g
- 1 x Can of **Coconut Cream** 400ml
- 1 x Teaspoon of **Vegetable Stock** Powder
- 1-2 x **Carrots**
- 1 x Juice of a **Lime**

Blend thoroughly.

Additional Ingredients:

You'll also need a pound or two of **Barramundi**. I generally use five pieces, which is often around 900g in total. I'm often cooking for seven. So, adjust accordingly.

Beans or Asparagus

Cooking Method:

Do these two steps simultaneously:

1. Put the sauce in a large saucepan or wok. I use a flat-bottomed wok. Bring to boil, then simmer. Add water if it's too thick.
2. Fry the fish a bit on each side so it's a little brown, like you'd sear a steak. It doesn't need to be cooked through. Transfer the fish to a plate if you can't cook it all at once.

Then, put the browned fish in the sauce and simmer until everything is cooked. You can break all the fish up or leave it chunky. It's good either way.

Finally, add beans or asparagus and let them steam until done.

Serve over the rice.

